



## IDEAS FOR REDUCING CALORIES

We offer a variety of options that you may eat while continuing to be mindful of your caloric intake.

If you're in the mood for pizza, you can go with two slices of the following 10 inch Gourmets:

- The Santorini: 320 calories
- The Duke City: 360 calories
- The Kansas City: 360 calories

If you would like a customizable slice, start with a slice of cheese (one that is ordered individually) at 420 calories and then consider adding one of these toppings, which are 30 calories or less:

- Bell Peppers: 5 calories
- Mushrooms: 5 calories
- Sliced Red Onion: 5 calories
- Jalapeños: 5 calories
- Green Chile: 5 calories
- Pineapple: 5 calories
- Black Olives: 10 calories
- Tomatoes: 15 calories
- Anchovies: 15 calories
- Ham: 30 calories

Calories may also be reduced by requesting easy cheese or no cheese. For every ounce that is removed you can save approximately 100 calories. For reference, approximately 1.875 ounces of cheese come on a standard slice.

If you're in the mood for a sub, try one of these general tips to reduce the total calories (calorie savings based on a six inch sub):

- Hold the mayonnaise (100 calorie savings)
- Order a fruit cup instead of chips (230 calorie savings)
- Ask for half the amount of cheese (50-55 calorie savings)
- Hold the Greek dressing (280 calorie savings)

You can't go wrong with one of our salads. Below are the calorie counts for our half size salads, not including dressing:

- Tossed Salad: 80 calories
- Greek Salad: 230 calories
- Ranch Salad: 250 calories
- Chicken Caesar Salad: 280 calories
- Turkey Salad: 290 calories
- Crunchy Spinach: 290 calories
- Gourmet Chicken Salad: 300 calories

Please note the nutritional values provided are estimates based on our standard serving portions. Food servings may have a slight variance each time you visit. In addition, everyone's body is different and we urge you to seek guidance from your own physician and/or a registered dietitian to make the best decisions possible for *you*.



- Chef Salad: 330 calories
- Southwest Chicken: 370 calories
- Best Dressing: Honey Mustard at 190 calories

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